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NEW YORK • Tuesday, May 1, 2012

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MJ AND WHITNEY'S '91 FLING {page 10}

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LOCKDOWN?

- Occupy Wall Street promises today will be 'biggest shutdown the city of New York has ever seen'
- Threatens bridge or tunnel may be blocked
- Mayor says city prepared to protect rights of protesters, citizens {page 02}

Sports

Knicks fall deeper into hole in Miami

- Heat take 2-0 series lead behind 104-94 Game 2 win
- Anthony scores 30, but gets little help {page 20}

Omens and opportunities

'Mildred Pierce' screenwriter Jon Raymond on his new book, 'Rain Dragon' {page 13}



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In the news

Man killed in Brooklyn blaze

A fire that broke out in a private home in Bed-Stuy resulted in the death of a man Sunday night. Firefighters responded to a 911 call of a blaze at 343 Jefferson Ave. just before midnight. By the time the FDNY had extinguished the fire, firefighters found a man unconscious and unresponsive, who was pronounced dead at the scene. Police said no criminality is suspected. ● METRO/CB

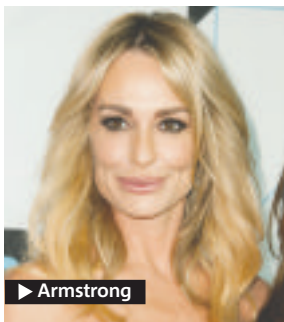
In the news



City Hall battle

Since Mayor Michael Bloomberg wants to make evaluations of city teachers public, New York City Public Advocate Bill de Blasio is calling on the mayor to release the evaluations of his own senior City Hall staff. In a letter, de Blasio asked the mayor to "demand nothing less of one group of city workers than you are asking of those in your own office."

● METRO/CB



'Housewife' hits Copacabana

MIDTOWN. Taylor Armstrong of the hit Bravo TV reality show "The Real Housewives of Beverly Hills" will be at the Copacabana in Midtown tonight to raise awareness for the domestic abuse charity Follow That Girl NYC. Armstrong will also be promoting her memoir, "Hiding from Reality." To learn more about attending tonight's event, go to www.followthatgirlnyc.com. ● METRO/HP

Cop charged with assault, one with DUI

NEW YORK. An NYPD officer is facing charges of assault after he was arrested late Sunday night. George St. Louis, a sergeant with the NYPD, was arrested just after 10:30 p.m. while he was off-duty. He was charged with unlawful imprisonment and assault.

Also on Sunday, in a separate incident, off-duty police officer Sergio Carrillo, 31, was arrested and charged with driving while intoxicated. Carrillo was pulled over at 4:30 a.m. while driving on Second Avenue at East 11th Street, according to a police report.

● METRO/CG

Man wanted for self-exposure on R subway

QUEENS. The NYPD is looking for a man who is wanted for public lewdness on a subway in Queens. Police say the suspect sat across from a 20-year-old woman on a Manhattan-bound R train last Thursday, April 26, as it departed from the Steinway Street station at about 11:30 a.m. He lifted up the red backpack he was carrying and exposed his private parts to her, cops said.

● METRO/CB

Occupy Wall Street: Commuters, be warned

► Occupy mobilizes for general strike of work, school
► Online announcement calls on protesters to shut down bridges, tunnels
► Thousands to march today

The Occupy movement's "May Day" general strike today could include "the biggest shutdown the city of New York has ever seen," according to one posting on OccupyWallSt.org.

An announcement on the site calls on activists to block at least one Manhattan-bound bridge or tunnel as OWS encourages people to skip work, school and shopping.

OWS vows to re-create the day the movement first captured national headlines, when 700 protesters were arrested marching across the Brooklyn Bridge on Oct. 1, 2011.

"We are announcing these blockades now as a fair warning to the rest of the working people of New York who are considering joining the strikes," the announcement stated. "The city will be

shut down."

Bill Dobbs, an OWS press team member, said he didn't have any further information about the plan, but did warn people to be prepared for "spontaneous and surprise actions."

"Nobody has any interest in confrontations with police. This is about Wall Street greed," Dobbs said. "But sometimes you have to fight for the right to protest."

Mayor Michael Bloomberg said the city will be ready for OWS today. "People have a right to protest. We will protect that right. They don't have a right to disrupt other people and keep other people from protesting or just going about their business," Bloomberg said on Sunday.



CASSANDRA GARRISON
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Lawsuit calls for outside monitor

Four Council members are suing New York over what they say was police misconduct in its handling of OWS. The suit alleges police used excessive force during arrests and interfered with the rights of journalists. The lawmakers call for an "outside monitor" for the NYPD. The lawsuit also charges that city officials persuaded Time magazine to remove a photo of Councilman Ydanis Rodriguez's arrest during the eviction of Zuccotti Park. ● METRO/CG



Police at the ready

A website for May Day events names Koch Brothers and Chase banks as locations for picket protests today; the New York Daily News reports protesters may also be planning to descend upon Goldman Sachs, Bank of America and the New York Stock Exchange. Police on duty near Federal Hall told Metro they expect more barricades in the area and an influx of officers today. ● METRO/CG

24 hours. Waste collection



► New Yorkers could climb up steps to drop their recyclables into the bin yesterday.

BILLY BECERRA/METRO

World's largest recycling bin in NYC

Is this a big enough reminder for you to recycle, New Yorkers? Honest Tea erected a 30-foot-tall recycling bin in Times Square yesterday. The recycling bin is the world's largest, say organizers, who have the goal of collecting as many plastic, glass and aluminum containers as possible. All the collected materials will be recycled into gardening supplies that students at PS 102 in Harlem will use in their urban garden. The bin was only up yesterday. ● METRO/CB

NYPD investigates white powder incidents

NEW YORK. New York City police are investigating six separate incidents of packages or envelopes containing suspicious white powder reported at locations around Manhattan, police said yesterday.

Earlier, Wells Fargo & Co. said it had closed three of its bank branches after they received suspicious envelopes containing white powder. At least five Wells Fargo branches received the standard-size envelopes filled with white powder, as did an office building on Madison Avenue.

The bank did not reveal if there were notes included in the envelopes. No arrests have been made in the cases. REUTERS

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PETA uncovers pigeon racing's dark side in Bronx

► Animal rights group infiltrates Bronx pigeon racing club ► Investigators say they found illegal gambling, bird killing and even performance-enhancing drugs

The sport of pigeon racing is alive and well in New York City — and is rife with illegal gambling, the killing of unwanted birds and abusive training methods, People for the Ethical Treatment of Animals alleged yesterday.

PETA conducted a 15-month undercover investigation into pigeon racing by infiltrating the Bronx Homing Pigeon Club and other similar organizations around the country. As part of their covert pigeon probe, PETA even found that perform-

ance-enhancing drugs are used on the helpless birds.

The organization found that the birds are often forced to race for distances up to 600 miles, and that 60 percent of birds in those races typically succumb to such things as extreme weather and exhaustion, or fly into electric lines and are killed.

And those birds that survive the races are hardly treated well. Many birds that make it home but fail to win their owners cash are then

“The first thing you have to learn — how to kill pigeons.”

ONE RACER ALLEGEDLY TOLD PETA'S INVESTIGATORS

suffocated, drowned or decapitated, according to PETA. The group called on the New York attorney general's office and the New York Police Department to look into the pigeon club.

Pigeon racing is not pro-



► A man stretches out a racing pigeon's head, PETA alleges in this photo they snapped.

hibited in and of itself, but betting on those races violates a number of laws. High-stakes gambling is involved, PETA alleges; pots can climb to more than \$200,000.

“Birds who are suffering and dying by the thousands and bundles of illegal gambling loot right under the noses of law-enforcement officials should be an embarrassment to the city and the state of New York,” Jeff Kerr, general counsel to PETA, said in a statement.

At one point, PETA video-

taped the Bronx club president talking about a race in New Jersey, in which only 41 out of 769 birds returned within two days. At another race in Queens, only 4 out of 213 returned, PETA claimed.

The Bronx club president also allegedly admitted to killing federally protected birds of prey.

A member of the club declined to comment when contacted by Metro.

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Steroids given to birds

The Bronx club president allegedly said four racing pigeons tested positive in 2010 for performance-enhancing drugs, including anabolic steroids, morphine and a cocaine derivative. The drugs were given either by injection or were mixed into birds' food and water.



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One WTC now officially NYC's tallest building

LOWER MANHATTAN. One World Trade Center shattered the record for tallest building in New York City yesterday afternoon, surpassing the Empire State Building.

The Empire State stands at 1,250 feet. When



finished, One WTC will stretch to 1,776 feet from the sidewalk to the top of its antenna, which will be added in 2013.

"The latest progress at the World Trade Center is a testament to New Yorkers' strength and resolve," said Mayor Michael Bloomberg yesterday. **● METRO/CG**

Site of fatal Bronx crash seen multiple deaths

BRONX. The stretch of highway where an entire Bronx family lost their lives Sunday is known for its treacherous road conditions, some say.

Six people were killed in a 2006 car crash that happened along the same stretch of the Bronx River Parkway where Sunday's accident occurred. In both cases, cars hit the highway me-

dian and spun out of control, between exits 5 and 6 just south of the Bronx Zoo.

Eric Buckvar, an attorney who sued the city on behalf of some of the people killed in the 2006 crash, told the New York Daily News that traffic tends to slow down suddenly there, and he wants the city to widen that stretch of roadway.

● METRO/CB

Helpful tax break fizzles out for state breweries

- Brooklyn Brewery, others face \$500K cost increase thanks to Albany
- Trickle-down effect: Say they're worried they may have to raise prices



► Their tasty beer is now pricier to make.

In-state beer brewers are foaming at the mouth over a court case that increased the cost of producing and distributing beer by up to \$4 per keg.

New York's dozens of craft beer makers had previously been exempt from state and city excise taxes as long as they made fewer than 200,000 barrels. Types of beer produced in small batches, such as limited releases, were likewise exempt from an annual \$150 registration fee.

But the State Liquor Authority and the Department of Taxation and Finance conceded that the tax breaks were unconstitutional. "A long line of United States Supreme Court decisions ... prohibit a state from giving preferential

treatment to items produced in the state," the SLA said in an April 10 advisory.

Brooklyn Brewery co-owner Robin Ottaway said the decision wasn't necessarily unfair, but he was caught completely blindsided. "Just like that, you wake up one day, and you've got a \$500,000 cost increase," Ottaway said.

"The New York craft brewing industry has been booming," added Scott Vaccaro, owner of the Westchester-based Captain Lawrence Brewing Co. "We're adding jobs, we're growing our businesses, and then all of a sudden we get this bomb dropped on us."

JESSE GREENSPAN
letters@metro.us

Legislative solution?

Both Ottaway and Vaccaro said they hadn't decided yet whether to raise prices, but they're worried they may have to. Last Thursday, Brooklyn City Councilmember Stephen Levin said the city had a responsibility to help the Brooklyn Brewery thrive. And in March, Gov. Andrew Cuomo proposed legislation designed to expand economic development at New York's craft breweries. **● METRO/JG**

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► How is Rep. Paul Ryan, left, like Jon Snow — the frosty, illegitimate son of Lord Eddard Stark on HBO's "Game of Thrones"? We riff off a viral meme from last week: Both reside in the North, both know nothing and they're both — well, let's just say the word that comes to mind refers back to that ignoble birthright we mentioned.

It's Ryan's world, we just work in it

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Happy Paul Ryan Day! Oh, didn't you hear? Inspired in part by a pair of profiles at The New York Times and New York Magazine, the Internet was abuzz yesterday with analysis of this mysterious young "gym rat" who "strolls the halls of Capitol Hill with the anarchist band Rage Against the Machine pounding through his earbuds" and "noodles catfish, catching them barehanded with a fist down their throats."

He's also the reigning king of the Republican party. But don't take our word for it. Says Republican Rep. Tom Cole: "Paul Ryan effectively captured the republican presidential candidates." (His radical budget proposal offers candidates little wiggle room.) And here's Grover Norquist, another right-wing ideologue with a stranglehold on the GOP, elevating Ryan's status above that of Mitt Romney: "We want the Ryan budget. ... We

just need a president to sign this stuff." (Again, the implication here suggests that Romney's qualifications are irrelevant; all he need do is sign the Ryan plan into law, which he's promised to do, if elected, as soon as possible.)

So, what does Ryan want? And what, therefore, do we get if we elect a Republican into the presidency? Let's put it this way: You'd do well to get upwardly mobile relatively quickly.

"The choice before us could not be more clear," Ryan said this past Thursday. "Continuing down the path we are on would mean becoming the first generation to break faith with the American legacy of leaving the next generation with more prosperity and greater opportunities than our parents left us."

And how does Ryan propose to uphold that great American faith? To start, he'll cut taxes for the rich. In addition, military spending will go up. To pay for all this, he — or his Romney surrogate — will repeal Obamacare and take a big chunk out of Medicare, removing tens of millions from the ranks of the insured. Medicaid and other low-income programs will also get severely axed. In other words, in order to ensure the historic American legacy of opportunity, Ryan would give the wealthiest among us a huge windfall and take a torch to programs for the poor.

Asked by Times reporter Jonathan Weisman whether his policies reflect a "cold, heartless" disregard for America's most unfortunate, Ryan brushed the criticism aside: "I'm so used to that by now," he replied. We bet you are, sir. We bet you are.

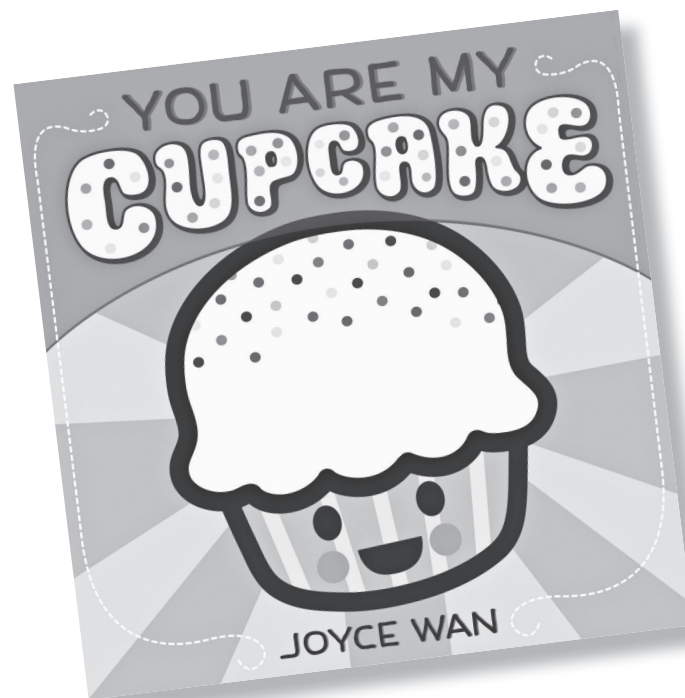
"We're trying to preempt austerity," Ryan continued. "We want to prevent that bitter kind of European austerity mode, which is what we'll have if we have a debt crisis. I believe that the seeds of a bipartisan compromise are there. But I think we're going to clearly need new leadership in the Senate and the White House to realize that."

What Ryan pointedly fails to mention is that we had a bipartisan compromise in the Obama-appointed Bowles-Simpson commission. Ryan was on that commission; he voted against it. Despite the massive spending cuts it proposed, Ryan opposed any tax increase on the wealthy. He then accused President Obama of ignoring the committee's recommendations.

Ryan seems to want to prevent austerity by implementing austerity. (Look it up: Austerity: "A policy of deficit-cutting, lower spending, and a reduction in the amount of benefits and public services provided.") Maybe some new leadership can clear this up.

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Macy's Reading Circle invites you to a special afternoon with children's author Joyce Wan!

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Obama aide says drone strikes legal

The deadly U.S. campaign of drone strikes against al Qaeda is fully legal under international law, President Barack Obama's counterterrorism chief insisted yesterday in the most extensive justification to date of the controversial tactic that has eliminated some of the most-wanted militants.

Speaking on the eve of the one-year anniversary of the U.S. killing of Osama bin Laden in a raid in Pakistan, the White House aide, John Brennan, said the U.S. admin-



► A U.S. Predator unmanned drone armed with a missile stands on the tarmac of Kandahar military airport, June 13, 2010.

istration holds itself to a "rigorous" review process in deciding on drone targets in Afghanistan and elsewhere.

The bin Laden commando raid and unmanned air strikes in Pakistan have severely strained relations between

Washington and Islamabad.

"I'm here today because President Obama has instructed us to be more open with the American people about these efforts," Brennan said in a speech to a Washington think tank. **REUTERS**

Tea Party congressmen collect big bucks from bailed-out banks

Tea Party favorites such as Stephen Fincher of Tennessee were swept into Congress on a wave of anger over government-funded bailouts of banks.

Now those incumbents are collecting thousands of dollars for re-election campaigns from the same Wall Street firms whose excesses they criticized. They have taken no significant steps to curb them or prevent future taxpayer-financed rescues.

Republican freshmen have made clear their disdain for expanding government, and openly opposed a financial regulatory overhaul enacted by Democrats in 2010 before the newcomers arrived in Washington. Their ranks include 10 Tea Party-backed freshmen on the House Financial Services Committee, part



► Stephen Fincher is collecting thousands of dollars for re-election campaigns from Wall Street firms.

of a force that won election in a populist backlash to government spending that included emergency lending to major banks and bailout of firms including U.S. automakers.

Still, the lawmakers haven't passed, considered or even introduced legislation to address concerns about "too-big-to-fail" banks voiced by members of both parties and such Federal Reserve bank presidents as Richard Fisher of Dallas and Jeffrey Lacker of Richmond, Va.

"I haven't seen any of them putting forth legislation on breaking up the big banks or on other things that would genuinely prevent a bailout next time," said Marcus Stanley, policy director of Americans for Financial Reform.

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'TO SAVE A FREE PERSON IS NOT A CRIME'

Guo Yushan, a 35-year-old Beijing scholar, is one of the two people who helped Chen Guangcheng escape from dozens of thugs, guards and local policemen who had been surrounding his farm for 18 months in China. But soon after the news spread out last Friday morning, Guo Yushan was detained by "guobao" state security forces. He spoke to Metro after being freed:

What happened during your arrest?
They said I was not arrested, but strongly invited to communicate with them. They know that Chen Guangcheng was not officially under house arrest and that he could legally go anywhere. To save a free person is not a crime. I did not do anything illegal, so they had no official reason to keep me locked.

Why is this "legal escape" so sensitive then?
Chen Guangcheng has accomplished a miracle. He spent two months to prepare his escape. Although he is blind, he challenged China's security system, walked alone for a dozen hours, crossed rivers and found a way to get in touch with me. It's even better than "The Shawshank Redemption!"

The background

Chen Guangcheng, the blind "barefoot lawyer," became famous after exposing forced abortions and sterilizations in Shandong countryside. He is now said to be inside the U.S. embassy in Beijing.

Should we hope Guangcheng gets asylum in the U.S.?
What makes Guangcheng's escape particularly brave is that he doesn't want to leave the country like other dissidents ... because he is still determined to fight for human rights in China. He wants the central government to punish all the officials who made his family's lives miserable. ● MW

The high cost of US obesity: Billions just to retrofit toilets

► As Americans grow in size, the outsized costs of this epidemic are revealed ► Goes beyond bathrooms

U.S. hospitals are ripping out wall-mounted toilets and replacing them with floor models to better support obese patients. The Federal Transit Administration wants buses to be tested for the impact of heavier riders on steering and braking. Cars are burning nearly a billion gallons of gasoline more a year than if passengers weighed what they did in 1960.

The nation's rising rate of obesity has been well-chronicled. But businesses, governments and individuals are only now coming to grips with the costs of those extra pounds, many of which are even greater than believed only a few years ago: The additional medical spending due to obesity is double previous estimates and exceeds even those of smoking, a new study shows.

Many of those costs have dollar signs in front of them, such as the higher health insurance premiums everyone pays to cover those extra medical costs. The startling economic costs of obesity, often borne by the nonobese, could become the epidemic's second-hand smoke. Only when scientists discovered that nonsmokers were developing lung cancer and other diseases from breathing smoke-filled air did policymakers get serious about fighting the habit, in particular by establishing nonsmoking zones. The costs that smoking



\$6.4B

Obesity-related absenteeism costs employers as much as \$6.4 billion a year, health economists led by Eric Finkelstein of Duke University calculated.

added to Medicaid also spurred action. Now, as economists put a price tag on sky-high body mass indexes, policymakers as well as the private sector are mobilizing to find solutions to the obesity epidemic.

The reason for denominating the costs of obesity in dollars is not to stigmatize plus-size Americans even further. Rather, the goal is to allow public health officials as well as employers to break out their calculators and see whether programs to prevent or reverse obesity are worth it. **REUTERS**

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myentertainment

THE WORD



Metro's **Dorothy Robinson** shares her take on the world of gossip [@dorothyatmetro](#) dorothy.robinson@metro.us

Keeping up with E! reality TV



The feed ...

► Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Joan Rivers can't believe her ears, Lindsay Lohan is trying to set the record straight, Simon Cowell isn't comfortable giving a compliment and Albert Brooks is impressed.

@JoanRivers

A nightclub patron accused Lindsay Lohan of throwing a drink in her face? Can't be true! Lindsay would never let any booze go to waste.

@lindsaylohan

didn't miss my flight, was always taking a red eye because i was working during the original flight

@SimonCowell

Hate to admit that @piersmorgan is a brilliant interviewer

@AlbertBrooks

Two Avengers just came up to my kids on the street and took \$50. This movie is going to make a fortune.



Lohan

Could it be that a **Kardashian** is actually putting her family's happiness over her reality TV ambitions? The answer is: Maybe! But don't tell her publicist that!

According to a source at *Us Weekly*, "**Khloe** has pulled the plug," on her E! spin-off series "**Khloe and Lamar**." The reason, according to *TMZ.com*, is that **Lamar Odom** wants to focus on reviving his faltering NBA career.

Back from Dallas, where Odom was released from the Mavericks last month, the two "have decided he should train all offseason," the insider tells *Us Weekly*. "And she's exhausted from filming!"

However, **Kardashian's** publicist tells *Entertainment Weekly*: "The show has not been cancelled. It will de-



Khloe and Lamar

pend on their schedules, as Lamar's basketball schedule is a priority."

If the series doesn't return for a third season, at least there's another reality TV show about the trials and tribulations of young married life hitting the network. "Married to Jonas," starring **Kevin Jonas** and his wife, **Danielle**, will follow the couple as they navigate their daily lives at their New Jersey home while juggling his recording and touring schedule and various sets of in-laws.

Here's an idea, E!: Have Khloe and Lamar move next door to the Jonases, get Lamar on the (now Brooklyn) Nets with **Kim Kardashian** ex **Kris Humphries**, and create the most beautiful reality TV mash-up in the world. Thank (and pay) me later.



GETTY IMAGES

► Houston and Jackson in 1988

Jackson and Houston: In love?!

Michael Jackson's former bodyguard claims the King of Pop had an affair with **Whitney Houston** in 1991 — and even wanted to marry the late singer. "Whitney practically moved in to Michael's ranch and they had a fling like any other young couple," **Matt Fiddes** tells the Sun. "Michael said later he had always hoped the relationship had gone further, and I know he

dreamed of marrying her." Fiddes says the pair had one more run-in at a 2001 tribute concert for Jackson. "They were both a mess, to be honest," Fiddes says of the reunion. "They shared what would be their final hugs and Michael begged Whitney to get off the drugs that were destroying her life." For those keeping track at home, Fiddes is the same former bodyguard claiming to be the biological father of Jackson's youngest child, **Blanket**, insisting that Jackson used Fiddes' sperm to conceive the boy.

Talking points

Everyone is getting worried for J. Simp

It's been more than a week since Jessica Simpson's scheduled due date, and folks are starting to get concerned. Her father, Joe Simpson, took to Twitter to post: "Still counting down the days 'til I am a grandpa again. Keep Jess in your prayers," while pal Katy Perry remarked, "Has Jessica Simpson had that baby yet? I'm getting anxious." Chelsea Handler chimed in as well, saying she's "getting frightened" that Simpson hasn't delivered yet. The pregnant singer was spotted over the weekend with fiancé Eric Johnson, taking a notably bumpy drive. Trying to help things along, maybe?



► Jessica Simpson: Yes, she's still pregnant.

Poehler's son is a 'possessive husband'

With two young sons at home, **Amy Poehler** is enjoying motherhood, but she admits her older

boy, 3-year-old **Archie**, is "turning into a possessive husband" as he grows up. "He knows when I'm going out if I'm dressed up or if I have shoes on. Like today, when I was dressed up to come

here, he said, 'Where ya going?' I said, 'I'm going out,' and he said, 'With who?'" she tells **David Letterman** during an interview. "I said, 'I'm going to see some friends.' I didn't want to tell him about you. I didn't want to confuse him."

Hutcherson buys the good stuff

"The Hunger Games" star **Josh Hutcherson** — who recently complained that the U.S. drinking age should be lowered to 18 — looked pretty pleased with himself leaving a supermarket in Los Angeles carting a bottle of scotch, according to *TMZ*. The 19-year-old actor allegedly used a fake ID to purchase a \$170 bottle of Macallan. "The age to go to war is 18, so I think the drinking age should be 18 as well," Hutcherson previously told reporters for the website.



Hutcherson

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— A. Davis

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— J. Smith

Very informative & professional. A relaxed atmosphere & experience.
— D. Ross

My service was exceptional!
— C. Sweeney

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— J. Bloomquist

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— D. Smith

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— C. Long

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A pregnant (and tan!) Snooki for your Tuesday

1: Matt LeBlanc, sporting an awesome fauxhawk, was snapped outside of Radio 1 on Monday in London, England.

2: Will Arnett and Maya Rudolph appeared at The Comedy Awards 2012 at the Hammerstein Ballroom on Saturday in New York.

3: As part of the 2012 New Orleans Jazz & Heritage Festival on Saturday in New Orleans, **Tom Petty and the Heartbreakers** performed.

4: Colin Firth and Nicole Kidman attended a photocall to announce the start of filming their new movie, "The Railway Man," on Friday in Edinburgh, Scotland. The 10-week shoot starts now around

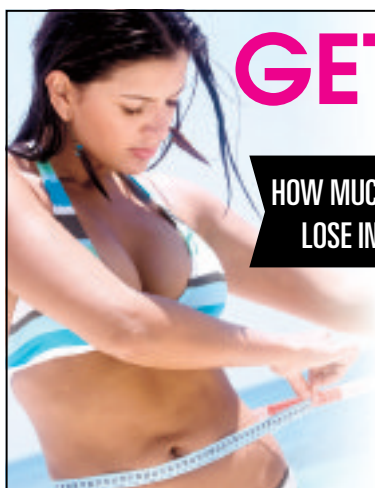
Edinburgh, moving to Thailand in late May and finally to Australia in early June.

5: A pregnant Nicole "Snooki" Polizzi visited the Chicago-area tanning salon, Ultimate Exposure, to promote her new line of tanning lotion on Saturday.

6: Fergie, along with some intense shoulder pads, attended a dinner party hosted by Lucky Magazine on Friday in Pacific Palisades, Calif.

7: Dita Von Teese is the most fashionable woman in any airport, anywhere. Here she is arriving in London from Paris yesterday.

1: SAV/FILMMAGIC
2: THEO WARGO/
GETTY IMAGES
3: DOUGLAS MASON/
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4: JEFF MITCHELL/
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► Raymond

The seven-year itch

► Writer Jon Raymond has penned several screenplays, including the critically acclaimed films 'Old Joy' and 'Wendy and Lucy' ► His most recent is the Emmy-nominated HBO miniseries 'Mildred Pierce' ► In his second novel, 'Rain Dragon,' he explores breakups, makeups, moving up and moving on

Acclaimed author and screenwriter Jon Raymond reminds us that the end is always in the beginning. In his sophomore novel "Rain Dragon," a young couple impetuously embarks on a journey of discovery together, trading Los Angeles for a dairy farm outside of Portland, Ore. But, their paths diverge and they come to realize that the life they've romanticized isn't so romantic. Where Amy sees omens, Damon finds opportunities; where Amy sees opportunities, Damon finds himself alone. As they pursue their own niches in their new community, it exposes fissures in their tumultuous seven-year relationship. Raymond asks his readers: Can one sacrifice their



ideologies for a greater good? We ask him about taking risks, falling in love and whether the grass on the other side is ever really greener.

Why can't Damon, whose job it becomes to promote better communication in businesses, find the same success in his most intimate relationship?

The influence of New Age thinking has become so commonplace that people often end up articulating their needs and desires in almost exactly the same way they'd write a corporate mission statement. Everything ends up as a forum for self-improvement. I wanted to deal with this broader New Age way of thinking without any kind of irony or judgment

attached. Openness and communication are the hallmarks of New Age thinking. [but] there are some things that simply can't be said.

Did you know the trajectory of Damon and Amy's relationship in advance or did you let it unfold as you were writing?

I always knew that the destiny these characters imagined for themselves was not going to be the destiny the universe doled out. The book is about how people fabricate a sense of fate in their lives — that feeling that your actions have some greater meaning, that your story has some special shape.

The story takes place over the course of a year, and the characters conform to a circu-

lar path. They start where they end, hopefully with more self-knowledge or at least a momentary sense of renewal. We keep doing the same things over and over again, sometimes with minor differences, and every once in awhile we find ourselves in a new season.

A lot of romantic relationships fail because the people involved stop teaching and learning from one another. How do you avoid stagnation?

So much of our popular culture is fixated on the big, pyrotechnic event of falling in love, the finding of "the one," and pays so little attention to the longer, unfolding work of love. In "Rain Dragon," I wanted to jump past that initial flush and

Q&A

Like Amy, do you believe in omens?

► Almost against my will, I end up looking for and sometimes making decisions based on them, but I don't know that I truly believe in them. The trick is not going so far that you become superstitious.

into a relationship at the moment of possible commitment.

Happiness is an abstract idea, and it's different for everyone. Is there something more accessible one might seek?

I tend to frame my own life in the negative. I don't want to do this; I don't want to feel that, thus I'll behave in this way. So my key to happiness is largely evasive. The pursuit of happiness can look unwise at times, just a selfish, acquisitive, hypocritical lifestyle. Being useful to others, putting other people ahead of oneself: anecdotally, that attitude seems to make for happy states of mind.



GINA ANGELOTTI
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Onstage. Lower Dens



PAT HEALY/METRO

► To hear more with Lower Dens, download the latest Metro Music Podcast on iTunes and at www.metro.us/mixtape.

The more, the merrier, the Lower

Although singer and guitarist Jana Hunter already had a number of releases in her own name, a few years ago the chemistry with her touring lineup just began to feel more like a band. Jana Hunter the artist became Jana Hunter, member of Lower Dens.

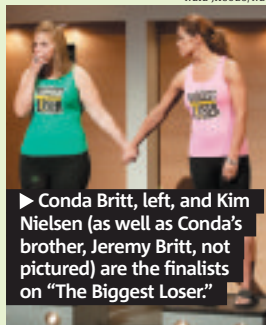
"I was never really comfortable as a solo artist," says Hunter. "I realized that I had a lot more fun playing with other people and thought that it might extend to writing as well, and it has."

The writing process was new on the band's latest album, "Nootropics," too. As they toured behind their debut, "Twin-Hand Movement," last year, they made demos of new songs. "In the van, with the advent of portable recording," says Hunter, "a lot of the skeletal elements of the songs were written."

Lower Dens play sold-out shows tonight at Mercury Lounge (217 E. Houston St.) and tomorrow at Glasslands Gallery (289 Kent Ave., Brooklyn). ● PAT HEALY

TV watch list

NEIL JACOBS/NBC



► Conda Britt, left, and Kim Nielsen (as well as Conda's brother, Jeremy Britt, not pictured) are the finalists on "The Biggest Loser."

'The Biggest Loser'

REALITY. The season's biggest loser is the winner tonight, taking home \$250,000 for having the will power to do something

more active than sitting on the couch watching other people lose weight for the last 17 weeks. Season finale, 8 p.m., NBC

'Uprising: Hip Hop and the L.A. Riots'

DOCUMENTARY. The acquittal of four Los Angeles police officers in the beating of Rodney King 20 years ago sparked riots that led to more than 50 deaths and \$1 billion in property damage. That anger and unrest resonated throughout the hip-hop community, as this documentary narrated and produced by Snoop Dogg recalls. 9 p.m., VH1 ● AMBER RAY

EMBRACE THE MAN BRACELET

► Men's jewelry has never been trendier, especially the bracelet
► We hear from the man dubbed 'The King of Cufflinks' about why arm candy is suddenly cool for guys



Eddie Borgo two-cone hardware bracelet, \$350, www.eddieborgo.com



Robert Tateossian Cubo Ibiza bracelet, \$150-\$250, www.tateossian.com



Luis Morais drum cross bracelet, \$435, www.aloharag.com



MIANSAI utility rope with hook, \$90, www.mrporter.com

Male jewelry used to be the mainstay of the gap-year student, wayward teens and counter cultures like punks and rockers. Then the metro-sexual trend and a certain David Beckham came along and changed everything. Now, you're just as likely to see a stack of colorful bracelets on the arm of an off-duty investment banker as a bohemian.

"Stars made it acceptable," says Robert Tateossian, whose eponymous global jewelry line is helping to fuel the trend. He recalls the Live Strong charity band craze, which made the idea of arm adornment more acceptable.

The retail world may be slow to catch on. "A lot of retail buyers around the world still stick to their credo of 'men do not wear bracelets,'" he admits. But he's seen his sales increase between 10 to 20 percent over the past few years. We round up four of the most popular styles at the moment.



RICHARD PECKETT
METRO WORLD NEWS IN LONDON

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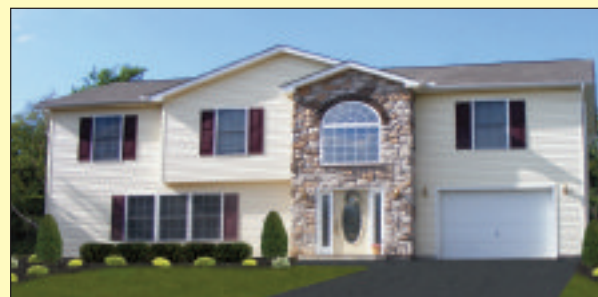
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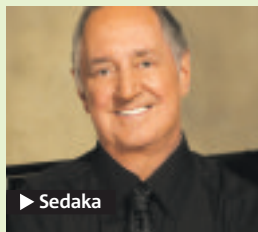
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Parenting
notesNeil Sedaka —
children's book
author?

It's true: The Hall of Fame song-



► Sedaka

writer and his son, Mark, have teamed up to create "Dinosaur Pet," a children's picture book and companion CD based on Sedaka's 1961 hit, "Calendar Girl." You can catch him this week at the 92nd St. Y (tomorrow, 8 p.m.) and Barnes & Noble at 82nd and Broadway (Friday, 3:30 p.m.).

Time to tune out

It's Screen-Free Week, a great time to teach your kids how much fun exists outside the (TV) box. Preschoolers today amass an average of 32 hours per week in front of a screen, and older kids accrue more time. For more info: www.screenfree.org.

Gak makes a
comeback

How to tell you're getting old: Nickelodeon's Gak is getting a relaunch. The newly reformulated squishy goop is less messy, but still fun to make silly noises with. **\$6, Toys R Us**

Protect your
child's heart

The American Academy of Pediatrics recently created new guidelines to reduce the risk of cardiovascular disease starting from childhood, including the following recommendations.

Ages 2 and up: Your doctor should measure your child's height, weight and body mass index at every checkup. Have the doctor go over the results with you and, if necessary, explain what diet and activity changes could benefit your child.

Ages 3 and up: Your child's blood pressure should be measured yearly. As with BMI, ask your doctor to discuss the results with you.

Ages 9 to 11: A first cholesterol screening is recommended. Your child may need his or her



RON CHAPPLE STUDIOS

cholesterol checked sooner if he or she has a parent whose total cholesterol is 240 or over or a close relative who has had a heart attack or stroke before the age of 55 (in males) or 65 (in females). **RACHEL MORRIS**

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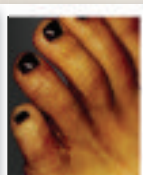
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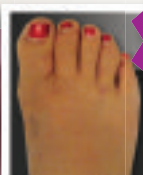
Before



After



Before



After

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In defense of the president's policies

President Obama has helped turn America around since 2008. Unlike the GOP agents for the rich, Obama has worked hard to put in programs that benefit the middle class and those trying to get into the middle class. In 2008, thanks to the foolish policies of George W. Bush, America was on the brink of financial ruin. We even heard the word "Depression" being used on the nightly news. We don't hear that word anymore do we? So my question for America is: Who (except for the rich) would vote Republican? Who would want to turn the reins of our government back to the policies of the GOP? Republican policies that always place the wealthy, corporations and the military before the working

class and the poor? I think the American electorate has finally seen through the GOP's smoke and mirrors.

LARRY BLONG, VIA E-MAIL

Social Security is a ponzi scheme

RE: "SOCIAL SECURITY WILL CONTINUE TO PAY OUT": It is Elkan Katz's letter that is misleading on Social Security. According to the projections described in the Social Security Trustees Report, the fund is already paying out close to \$50 billion more than it takes in, apart from interest. Beginning in 2020, payments will exceed its income — including the interest. By 2033, the fund will be depleted. After that, Social Security taxes will only be able to pay about 75 percent of the scheduled benefits. **JIM FLETCHER, VIA E-MAIL**

Right-wing loonies gum up the works

RE: "THE LEAST PRODUCTIVE CITIZENS WILL DO EVEN LESS THAN USUAL!": Commies?! Lefties?! What is this, the 1950s? I'm old enough to remember when people like Mr. St. George and Mr. Tord-off thought fluoridating water to prevent tooth decay was a communist plot. Time for these two to get out of the conservative news echo chamber with their mid-20th century paranoia. **KATHY KOURIAN, VIA E-MAIL**

Science is not faith, yon dragon slayer

RE: "FEDERAL GOVERNMENT PAYS FOR SERVICES": St. George, science takes no political sides. Go wallow in your beliefs, just like the church clung

with teeth and nails to the geocentric universe model and ignored science for almost 2,000 years. In 2005, some 20 percent of Americans still believed the sun revolved around the Earth! Teaching science is not indoctrination; teaching religion is. What scientific evidence do you have that global warming is a lie? Are you a climatology expert or do you rely on other Bible Belt luminaries who also think the earth was created some 6,000 years ago? Go slay smaller dragons, science is a bit too big for you. **GEORGE MATHIOWITZ, VIA E-MAIL**

Who do you think pays for Obamacare?

RE: "HEALTHCARE LAW HAS MUCH TO LOVE": How pie-in-the-sky can Ms. Casey be? Why do people like her fail to include who foots the bill for all these great benefits? Do they think the insurance companies take the financial hit? Do they realize how much employers and the insured have to pay for their premiums? **PETER MOLLE, VIA E-MAIL**

Horoscope

♉ **Taurus April 20-May 20.** If you decide to get involved in a new endeavor with several other people, make sure you have a voice in the project — as well as a leadership role. Reconsider if you don't.

♊ **Gemini May 21-June 20.** There is nothing wrong with expressing your friendship or love for another with some kind of tangible token. But unless you're extremely close, don't make it anything expensive.

♋ **Cancer June 21-July 22.** As you charm everyone around you, including your adversaries, it will become evident that communication comes quite easily to you. Use this attribute liberally for best results.

♌ **Leo July 23-Aug. 22.** If you have something to sell, it's an excellent time to go after the big account you've been eyeing but have been afraid to approach.

♍ **Virgo Aug. 23-Sept. 22.** Your expansive mood is likely to trigger some of your nobler qualities. With little thought of gain, you're likely to do things that will mean a lot for others.

♎ **Libra Sept. 23-Oct. 23.** When you show people you really care, they, in turn, will automatically be as concerned for your welfare as you are for theirs. Visible demonstrations are likely to come from several sources.

♏ **Scorpio Oct. 24-Nov. 22.** Make extra efforts to show people how much you really care about their welfare. It will help inspire a reluctant person to feel special and offer you valuable help.

♐ **Sagittarius Nov. 23-Dec. 21.** More opportunities than usual are likely to present themselves, making it possible for you to achieve two ambitious objectives that may or may not be connected.

♑ **Capricorn Dec. 22-Jan. 19.** You have the ability to merge two dissenting voices into one positive, unified force. Without your intervention, the concerned parties are likely to continue bickering between themselves.

♒ **Aquarius Jan. 20-Feb. 19.** Two quality changes are stirring that could help you better yourself career-wise and/or financially. They are apt to be triggered by a couple of unrelated circumstances.

♓ **Pisces Feb. 20-March 20.** Your judgment is much keener than usual, enabling you to correctly evaluate both sides of opposing issues. It will give you an edge over your competition.

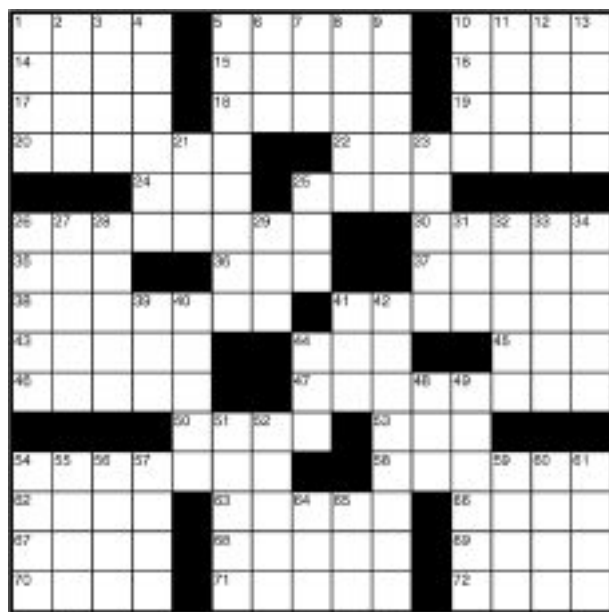
♈ **Aries March 21-April 19.** The possibility for gains in your material affairs are stronger than usual at this time, so don't waste the opportunity. In fact, there are likely to be two sources making some good things possible. **BERNICE BEDE OSOL**

Across

- 1 Sis and bro
5 B-movie crooks
10 Voucher
14 Laze around
15 Commandeer
16 "___ Excited"
17 Lotion additive
18 Town official
19 Black, to Jacques
20 What nature abhors
22 Diplomacy
24 Prefix for cycle
25 Former Chevy
26 "The Jungle Book" panther
30 Do a double-take
35 Caviar, actually
36 Upper house mem.
37 Fragrant wood
38 Sells off
41 Cosmetics buy
43 "Maria" ___
44 Lubricate
45 Charged particle
46 Lettuce and such
47 Dance and film (2 wds.)
50 Not very close
53 Starfish arm
54 Jumped for joy
58 Hazardous
62 Start of a famous boast
63 Civilian dress
66 Rockers Jethro ___
67 J in JFK
68 Inventor ___ Howe
69 Of a historic time
70 After-hours
71 Play banjo
72 Do a fall chore

Down

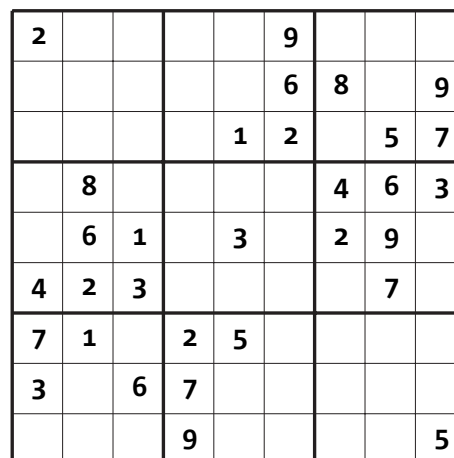
- 1 Pole or Czech
2 Town east of Wichita
3 Coalition
4 Private eye



- 5 Most delicious
6 NASA counterpart
7 Fellow
8 "Grand Canyon Suite" composer
9 Bit of parsley
10 Motion picture
11 RN employers
12 Mother of Horus
13 Shredded
21 Suffix for forfeit
23 DEA agents
25 Roomy vehicle
26 Is an omen of

- 27 Teresa's town
28 Judge's mallet
29 Home, in the phone book
31 EU forerunner
32 Firefighter Red ___
33 Ricochet
34 Prefix with fix or form
39 Actress ___ Hartman
40 Nobelist Anwar
41 Cosmonaut space lab
42 Large-heartedness

- 44 Rowboat need
48 Cooling device
49 Half-shell item
51 Wives, to lawyers
52 Fully grown
54 Sinister
55 Lawless role
56 Appliance
57 Diet
59 Mystique
60 Strong criticism
61 High-fashion mag
64 Flat-needed tree
65 T, in Athens

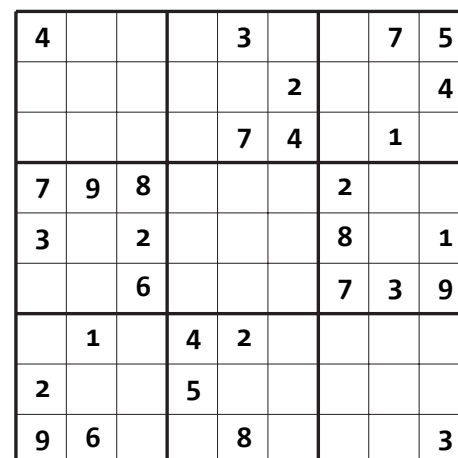


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Solution to yesterday's crossword



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LISA LOVERRO

View from the top

For those who think vertically, a peaceful hot air balloon ride in the early morning is the perfect cure for last night's party. Vistas of the mountain ranges surrounding Scottsdale are breathtaking. For the physically ambitious, Camelback Mountain turns a honey-kissed red as it catches the sunlight in the morning — almost as red as the faces of those tackling the moderately strenuous 1,300-foot hike.



► The W cleverly transforms its pool lounge into a swanky night spot when the sun goes down.

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It's been a long time since Scottsdale, Ariz., lived up to its official nickname: "the West's most Western town." Old Town Scottsdale does have its share of saloon doors and an annual festival celebrating the Pony Express, but for those who take the new with the old, there is something for visitors of every type. Art galleries, restaurants and shops fill the traditional low-slung, beige buildings of Scottsdale's historic district, where you can snap up artwork and turquoise jewelry made by local artists. There is no need to fear the triple-digit temperatures that Scottsdale's locals shrug off — nights are cool in the Sonoran

Desert, but Scottsdale has a buzzing nightlife that heats up as the temperatures drop. Swanky lounges like the W Hotel's Wet Deck draw crowds of sun-kissed, sharply dressed, beautiful people, while the open architecture brings a laid-back vibe to sports bars like the Upper Deck. And don't worry about overimbibing: Free golf carts make it easy for revelers to bar-hop at the night's end. Eat your fill Luxury hotels and a rabid, year-round golf scene mean that there is a restaurant for every palate in Scottsdale. For diners looking for bright modern design in dish and decor, AZ88

Bar and Restaurant is ideal. A short walk down the Scottsdale Waterfront to Lee's Cream Liqueur ice cream shop will finish off any meal with boozy flair — the Jack Daniels chocolate swirl is a special treat. Architecturally sound Scottsdale's architectural landscape mimics the flat, low topography of the surrounding natural environment. Architecture lovers shouldn't miss a tour of Frank Lloyd Wright's famed former home, Taliesin West, which is a bastion of sustainable architecture and design. JULIA FURLAN letters@metro.us

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3 Spring break getaways for grownups

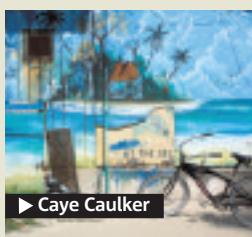
► Looking to indulge in a spring break escape, minus the throngs of drunken college kids and \$3 tequila shots? ► Here are three spots that are worth a visit

Best for families: Los Angeles

If your spring break is locked into your kids' school schedule and you'd like to mix beach time with some serious fun, consider visiting Los Angeles. With round-trip airfares as low as \$300, L.A. can be a cost-effective alternative to Florida and offers much in the way of family fun. Your kids will have a blast comparing the original Disneyland with its splashier sibling in Orlando. Kids obsessed with dinosaurs will love the La Brea Tar Pits, while teens will enjoy touring Hollywood's Grauman's Chinese Theater and Walk of Fame (where Lassie, Matt Damon and Motley Crue all have stars) and the movie-star mansions of Beverly Hills.

Best for foodies: Vancouver

If you'd rather savor Pacific Northwest flavors than soak up sun, consider visiting Vancouver. The combination of urban sophistication and rugged coastal beauty is fantastic, especially if you love salmon, crabs, lobster and oysters. Vancouver's top eateries, such as C Restaurant, West and Blue Water Cafe, are some of the most



► Caye Caulker

Best for adventurers: Belize

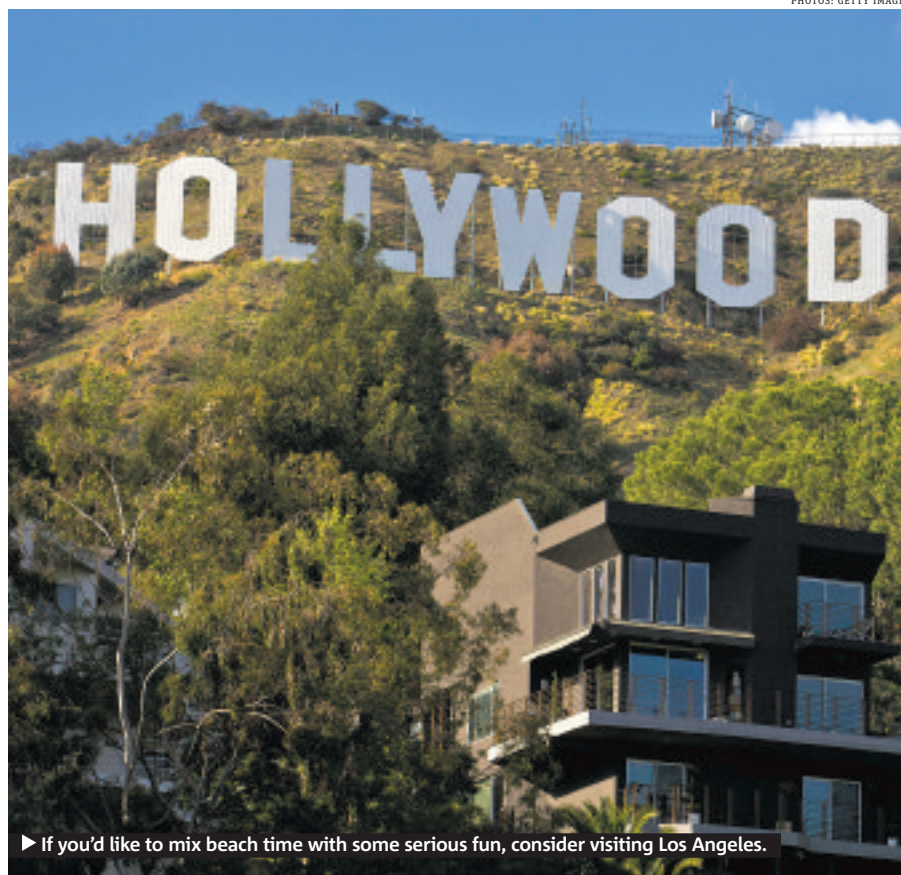
There's no better place to dig into ancient prophecies than this English-speaking country located just south of Riviera Maya, Mexico, where the jungles of Belize's Cayo District hide mysterious caves (especially Actun Tunichil Muknal, home to the crystallized skeleton of a sacrificed Mayan maiden) and the world's second-largest barrier reef. You can climb atop ancient Mayan pyramids or snorkel or dive with impressive ocean predators in Shark-Ray Alley off of Ambergris Caye.

innovative on the West Coast. By day, shop for local specialties at the Granville Island Public Market and sample British Columbian wines at area vineyards. On Vancouver Island, head to scenic Tofino for outdoor pursuits such as biking, kayaking, hiking and whale-watching.

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► If you'd like to mix beach time with some serious fun, consider visiting Los Angeles.

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In the news

Celtics' Rondo suspended for bumping ref

Celtics point guard Rajon Rondo was suspended by the NBA for tonight's Game 2 in Atlanta after bumping an official with his chest in Game 1. Referee Marc Davis called a foul on the Celtics' Brandon Bass in a scramble for a loose ball and Rondo complained to the official, which earned him a technical, before bumping him. Rondo said the bump was unintentional. ● METRO

In the news

**Nets new logo**
The New Jersey Nets are no more.

The Nets officially became the Brooklyn Nets yesterday as they revealed their new logo — and the official merchandise to go with it.

The new logo, which minority owner Jay Z helped to design, is all black and white.

The Nets will open the 2012-13 season at the Barclays Center in Fort Greene.

Knicks can't beat Heat in Game 2 loss

ISSAC BALDIZON/GETTY IMAGES

It wasn't as ugly as Game 1, but the result for the Knicks was still the same. And now, their season lingers on life support.

The Heat defeated the Knicks, 104-94, last night in Game 2 in Miami.

The story for the Heat was a balanced attack from four of five starters. LeBron James had 19 points and Dwyane added 25 more, but Chris Bosh and Mario Chalmers were impressive as well.

Losing streak

Last night's loss was the 12th straight for the Knicks in the postseason. That ties a record set by the Grizzlies from 2004 to 2006.

▶ The Knicks last won a playoff game on April 29, 2001 when they beat Toronto 97-89 to take a 2-1 series lead.

The task of keeping the Knicks in the game fell almost solely on the shoulders of Carmelo Anthony. He finished with 30 points on 12-of-26 shooting from the field. He didn't clog the offense though. Feeding Anthony was clearly the strategy from the get-go. He scored four points in the first 2:07 and 13 points total in the first quarter.

Game 3 comes Thursday at MSG. ● MARK OSBORNE



▶ Anthony had 30 points, but the Heat's Big 3 combined for 65 total points in the win.



ISSAC BALDIZON/GETTY IMAGES

▶ Alex Ovechkin celebrates his game-winning power play goal in the third period of the Capitals' 3-2 win.

Alex too great

- ▶ Rangers drop Game 2 as series is now tied as it heads to Washington
- ▶ Ovechkin scores game-winner in third ▶ Caps got out to 2-0 lead early

Series on.

Alex Ovechkin's power play goal with 7:27 remaining in the third period was the difference in the Rangers' 3-2 loss to the Capitals in Game 2 of the Eastern Conference semifinals Monday night at the Garden. The series is tied 1-1 with the venue shifting to Washington. Game 3 is tomorrow night.

Brad Richards and Ryan Callahan scored for the

45 The Rangers had 45 hits in the game as they tried to play more physical than the Caps, who had 35.

Rangers. Richards and Michael Del Zotto finished with two points each. Henrik Lundqvist made 22 saves.

Braden Holtby stopped 24-of-26 shots. Mike Knuble and Ja-

son Chimera also scored for the Caps.

The Rangers entered the third period trailing 2-1 despite playing well through the first 40 minutes.

Knuble tapped in a Joel Ward feed to open the scoring 12:20 into the match. Knuble's second goal of the playoffs concluded a play that began with a Stu Bickel defensive zone turnover. Chimera's goal at

17:14 doubled the Caps' lead to 2-0.

After Richards' goal, the Rangers began to seize control. However, until Callahan deflected Del Zotto's point shot 6:58 into the third to tie the game, they had some tough luck, including two shots hitting off the goal posts.

● DENIS GORMAN
sports@metro.us

3

CAPITALS

2

RANGERS

What went wrong ...

1 Early deficit — The Rangers fell behind 2-0 in the first period — not exactly the way you want to start a big playoff game. That forced the Rangers to play catch up all the way until the third period.

2 Ovechkin returns — Veteran defenseman Dan Girardi talked about how the team frustrated Alexander Ovechkin in Game 1 by forcing him wide and throwing multiple bodies at him. It didn't work in Game 2. Ovechkin had seven shots on goal and scored the game-winner in the third.

3 Still no Dubie — Brandon Dubinsky missed his second straight game after being injured in the Rangers' Game 7 win over Ottawa. He suffered a lower-body injury. He didn't take part in yesterday's morning skate and John Tortorella had no update. ● METRO/MO

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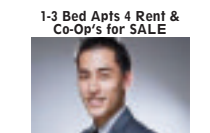
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PURSUANT TO LAW
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2:00 p.m., at 66 John Street, 11th
floor, on a petition from Kazo Inc.
to establish, to maintain, and
operate an unenclosed sidewalk
café at 300 E. 52nd Street in the
Borough of Manhattan, for a
term of two years.

REQUESTS FOR COPIES OF THE PROPOSED
RECOVERABLE CONSENT AGREEMENT MAYBE
ADDRESSED TO: DEPARTMENT OF CONSUMER
AFFAIRS, ATTN: POI OFFICER, 42 BROADWAY,
NEW YORK, NY 10004

NOTICE OF FORMATION
of JRB CA LLC. Art. Of Org.
filed with Secy. Of State of NY
(SSNY) on March 19, 2012.
Office location: New York
County. SSNY designated
as agent of LLC upon whom
process against it may be
served. SSNY shall mail
process to: J. Richard Blewitt,
211 Central Park West, Apt.
6-K, New York, NY 10024.
Purpose: Any lawful activity.

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Legal Notices

NOTICE IS HEREBY GIVEN
that a license, Serial #1262237,
for Wine & Beer has been
applied for by the undersigned
to sell Wine & Beer at retail
under the Alcoholic Beverage
Control Law at 1635 Coney
Island Ave, Brooklyn, NY
11230. Kings County, for on-
premise consumption. Kos
Shel Bracha LLC

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PLACE A LEGAL/PUBLIC NOTICE

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Sidewalk Café
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or
jim.colarusso@metro.us

Vehicles

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Know Your Risk Factors

Some people are at higher risk for strokes than others due to factors that they can't control such as age, gender, race and family history, but the risk factors below can be controlled with medication and/or lifestyle modifications.

- ☐ High Blood Pressure
- ☐ Atrial Fibrillation
- ☐ High Cholesterol
- ☐ Diabetes
- ☐ Atherosclerosis



- ☐ Circulation Problems
- ☐ Tobacco Use and Smoking
- ☐ Alcohol Use
- ☐ Physical Inactivity
- ☐ Obesity

Recognize the symptoms of stroke and act FAST

F

FACE

Ask the person to smile. Look to see if one side of the face droops.

A

ARMS

Ask the person to raise both arms. Does one arm drift downward?

S

SPEECH

Ask the person to repeat a simple phrase. Is their speech slurred or strange?

T

TIME

IF YOU OBSERVE ANY OF THESE SIGNS, CALL 9-1-1 IMMEDIATELY.

Source: National Stroke Association

Many strokes can be prevented if you identify your risk factors and modify them appropriately.

Contact the Stroke Center at St. Luke's and Roosevelt Hospitals and we can help you manage your risks.



**St. Luke's
Roosevelt**

Continuum Hospitals of New York

www.SLRStrokeCenter.org

Roosevelt Hospital: 212.636.3236 St. Luke's Hospital: 212.523.3144